

SENIOR HAPPY'NINGS

SEPTEMBER/OCTOBER 2019
 27 BROOK STREET
 SCITUATE, MA 02066
 781-545-8722



HOURS OF OPERATION:

Monday-Thursday
 8:30 AM-4:30 PM
 Friday
 8:30 AM—3:00 PM

COA STAFF

Director -Linda Hayes
 lhayes@scituatema.gov

Administrative Assistant
 Jill Johnston
 jjohnston@scituatema.gov

Transportation Coordinator
 Kathy Clarkeson
 kclarkeson@scituatema.gov

Outreach Coordinator
 Jenny Gerbis
 jgerbis@scituatema.gov

Activities & Volunteer Coordinator
 Lisa Thornton
 lthornton@scituatema.gov

Van Drivers: Mary Brown,
 Jay Brien, Jim Keeley,
 Joe Swindler

Manager of Social Services
 Laura Minier
 lminier@scituatema.gov
 781-378-1653

COA BOARD

John D. Miller, Chair
 Janice Desmond, Co-Secretary
 Caitlyn Coyle, Co-Secretary
 Leslie James,
 Janice Lindblom,
 Lucille Sorrentino,
 Henry Yeh

Selectman Liaison
 Karen Canfield

MISSION OF THE SCITUATE COUNCIL ON AGING

To identify the unique needs and interests of our senior citizens and implement programs that will enhance their quality of life, foster independence and ensure the physical and emotional well-being of a growing older population.

"I live by two words...gratitude and tenacity. Tenacity gets me to where I want to go and gratitude does not allow me to be angry along the way." ~ Henry Winkler

Director Note: My son graduated from high school in June and not without tremendous effort on his part to surmount some obstacles and not give in and accept less for himself, which makes me very proud and draws a parallel for our Senior Center.

In recognizing the contributions of our volunteers and participants over the last year, including Board members, Friends and committee members, staff and administration, and all those who are helping to spread the positive message that an active facility for older people to congregate and connect with each other and the community is something that our town needs, I am reminded of the statement, *'Nevertheless, She Persisted'*. It serves as a reminder that lasting change often requires decades of determination. Our "seniors"—then and now—have persisted, and that is how we have arrived, finally, at the figurative doorstep for building a new facility to provide activities and a vibrant setting for our older people and families.

The new Senior Center is not only a modern building designed for its primary purpose catering to services for our older adults, but also a concept for generations to follow. "Seniors" as people, if not the label, are changing—and this facility and campus concept is recognizing that reality. I am already imagining the kinds of activities and programs that will result from the outdoor space that is available, the opportunities with the Veterans agent and those clients who can become more connected, working with Recreation, and opening the doors to the community.

This summer has involved pre-qualifying contractors as a precursor to placing the project for bids. October/November is the target timeframe for construction on the site to begin. The building of the new Senior Center will be a positive addition for Scituate and for people of all ages to help remind us of the importance and value of all of our residents, and that we all, together, make a community. Our plans for new and expanded programming will include some early evening for those older adults who are working but still want peer connections; active, social opportunities; partner events with Scituate Recreation, the Town Library, and Historical Society; social events and nutritious lunches from our new kitchen; more of our great health, wellness and lifestyle workshops, added lifelong learning courses, enriching games and creative pursuits. Please join us in continuing to make this a reality with your donations, your participation, your support of our events—and PLEASE begin by joining us on **Sunday, October 6** for our **2ND annual Family Fun Walk** to celebrate WALKING together as healthy and accessible fitness at all ages. Live Well Scituate!

♥ **Linda**



Happy Senior Center Month !

Senior Centers"The Key to Aging Well"

According to the National Institute of Senior Centers (NISC), Senior Centers are the future of what aging can be. Innovative programs hosted at senior centers can change the perception of aging, and create important community resources for aging expertise. Check out an on-going class or sign up for the **Aging Mastery Program | Spring 2020**

☞ Programs, Special Events, Speakers ☞

Café Talks — DAYS & TIMES Vary; To enroll for a course or event, please call us at 781-545-8722
Information, social opportunity, and refreshments. We have a varied lineup of CAFÉ TALKS you won't want to miss!
Café Talks will be cancelled for lack of sign-ups, so please call to let us know that you are planning to attend.

SCITUATE 50+ JOB SEEKERS NETWORKING GROUP 10:30am-12:30pm (Check-in @ 10am)

NETWORKING WORKS! Your AGE really is your EDGE!

Meeting Dates: Sept 11 & 25, Oct 9 & 23, Nov 13 & 20
Scituate Town Library, 1st Topic: Developing a Resume

MONTHLY ART APPRECIATION SERIES

2nd Wednesdays @ 11am

"Art for Your Mind"



September 11 *Norman Rockwell Remembered*
offers a chance to experience many beloved images by Rockwell, to learn about the way he worked, and to hear the stories behind his choices and inspirations.

October 9 *Famous Impressions* offers a chance to enjoy the work of famous Impressionist painters such as Monet, Renoir, Degas and others. You'll gain insight into the Impressionists' new techniques, what they believed, and how their creations stirred the art world, inspiring artists through time—from the post-impressionists onward.

Jill Sanford will present an interactive learning program on different topics each month. *Art For Your Mind* is a selection of engaging presentations. Each program combines Art History and Art Appreciation into one hour of active observation. You will be guided through a back-to-basics, yet thorough approach to interpreting fine art images with regard to the time, place, culture and circumstances they come from - combined with an eye-opening examination of both the subtle and bold creative choices the artist has made. Next dates—Nov 13 & Dec 11
Topics announced in November

UKULELE CLASS CONTINUES!

**Fridays @ 10:30am for Beginners; and
11:30 for Past Beginners—1 hr class; \$25
Sept 6, 13, 20, 27, and Oct 4—5 weeks**
Harbor Community Building, 44 Jericho Rd



Please call to sign up for the next session! \$25 -\$40 depending on # of students enrolled in the session. Please call if you are interested in either session. 781-545-8722

What Keeps You Up At Night?

"Stop Worrying...Start Living"

Wednesday, November 6 @ 10:30am-12 Noon

Are you at a crossroads for making decisions for yourself or a loved one? Are you at a transition age or in a new situation? Are you not sure what is available for help, services, resources or living opportunities? Feeling overwhelmed? We are offering a valuable panel discussion around topics known to "keep us up" at night. Hear from our friends and professionals working with older people to identify their financial, living, legal, and home care needs and help provide solutions that are affordable, practical and personal. Our panel will be available to help provide the direction you need to set a goal and break it down into manageable tasks. Facilitated by Lori Shea - Financial Advisor, Edward Jones. SIGN UP REQUIRED 545-8722

Gail Samaha - Senior Advisor -- GMS Associates

Steve Warneck - Estate Planning Attorney

Nancy Reynolds - Home Instead Senior Care

Natalie Ahern - Professional Organizer - All the Right Moves

Sign up for Café Talks is strongly encouraged @ 781-545-8722. Changes or cancellations will be sent to those signed up! Make sure we have your current phone number and email address at the office. Please sign up!

Cafe Talk – October 23 @ 10am - Hearing Healthcare

What is hearing healthcare? How does hearing affect your day-to-day life? Do you feel like you are always tired? Is there ringing in your ears? Do you have other questions about hearing healthcare? Well then let's get together and discuss it all. With all the buzz it is no wonder there are lots of questions. Come and meet South Shore Hearing Center and Scituate resident audiologist Jennifer Mayer, Au.D. Jennifer will answer all your questions and more! For more info on South Shore Hearing go to www.sshc.com

Men's Breakfast at 9am \$8 off-site, \$5 @ Senior Ctr
September 10 – Discussion on Climate Change with Mike V. We hope you join the conversation during the morning breakfast!

October 1 – Jim Boudreau, Town Administrator @ Widows Walk
North River Grille

Come and connect! Socializing is a key to good health, along with starting the day with a delicious breakfast! SIGN UP PLEASE !!



Halloween & Chocolate! A perfect combination! October 30th @ 2:30pm @ Senior Center

Join Maureen Celorier, Linda Felix and COA staff, and wear your best Halloween costume!

We will be having some fun tasting chocolate and learning about the benefits of chocolate! Wear your Halloween costume and a lucky winner will win a prize!

Program provided by Partners Healthcare at Home and North River Homecare.



🌀 Age Well—Smile, Laugh & Learn 🌀

FRIDAY FLIX NEW START TIME! 12:30pm

Surround Sound, English Subtitles, 65" Flat Screen TV
The Mule, R, 2018 Crime/Mystery Sept 13
On the Basis of Sex, PG-13, 2018 Drama/Bio Sept 27
Miss Sloan, R, 2016 Mystery/Suspense Oct 11
Jumanji: Welcome to the Jungle, PG-13, 2017 Oct 25

AWARD WINNING MOVIES! We want to see you! Get out, meet a friend or make a new friend and enjoy a MOVIE! Stop by to get details on each movie.

Aging Mastery (AMP) Reunion Brunch
October 18 @ 11:30am-1:00pm. @ Widows Walk—North River Grille. Cost \$8-12 pp Sign Up 545-8722

Are you a graduate of AMP? You are invited to attend a Reunion Brunch to connect with AMP graduates. This will be a great opportunity for everyone to engage with others who have had the AMP experience. We are hoping to have a guest speaker on a healthy aging topic.

AGING MASTERY PROGRAM Spring 2020

To be offered Thursdays—March 20 - May 22, 2020

This 10 week morning program is only offered in the Spring! If you have not signed up before, you don't want to miss this opportunity! This will be our fourth year offering this wonderful program, aimed at education and awareness. Join the ranks of other AMP graduates who have gained new tools and understanding on how to live a stronger, healthier, more informed future. **Sign up NOW.** We will contact you in January to confirm your spot in this select program. Space is limited. Course developed by the National COA - topics such as ... Gratitude, Healthy Eating, Healthy Relationships, Sleep, Advanced Planning, Financial Fitness, Community Engagement.

PAINTING CLASS @ Senior Center

MONDAY 12:30-3:30PM
THURSDAY 4:00-7:00PM

Still life arrangements, demos, exercises, drawing skills, understanding color, mixing and watercolor application. Talented & long-time Instructor Joanne Papandrea. *Supply list available. Call for details @ 545-8722; No class on 2nd Thursday of the month. \$10 class Begins September 16th. Thursday class there will be no instruction until further notice. Please ask.*

EXPRESSIVE WRITING Liz Ennis

RESUMES OCTOBER 3
Thursdays @ 11:30am

Facilitator, Liz Ennis and students keep coming back for another session of this fulfilling expressive writing class. No writing experience necessary. We don't care about grammar! Why not try this activity to encourage *expression*! Sharing, storytelling and connection in a casual and welcoming environment. Great activity for cultivating mindfulness, gratitude and joy! No fee.

DINE OUT

Lunch & Dinner Club

Departs approx. 4:15 pm

Dinner (Reservation @ 5 PM)

Call for reservation!

Van ride \$3.00

Carmela's Restaurant
Kingston, MA

September 25 @ 5pm

Tinker's Son
Norwell, MA

October 23 @ 5pm

Dine Out Reservation: Call us to be part of the reservation! Dinner Reservation is limited to 12 people.

Van departs Senior Center at approximately 4-4:15 pm Call Kathy if you need a ride from your home!

Call for VAN reservation! Van ride \$3.00 VAN WILL ONLY RUN WITH 6 PEOPLE OR MORE! Invite a friend, so we do not need to cancel the van. Let us do the driving! All reservations should be made with payment for the van. If you are unable to attend, please call to cancel at least 5 days prior to event date.

SCITUATE HISTORY

WEDNESDAYS, 1-2:30 PM

BOB JACKMAN

SEPT 18—OCT 23

(Nov/Dec Class details to follow)

Scituate in the Turbulent 1970s will survey the most radical decade of change in Scituate history. Enrollment at Scituate High School doubled within a few years as many summer cottages were converted to full year housing. Major social issues such as recreational drug use, the sexual revolution, and charismatic religious personalities such as "Brother Julius" were intensely discussed at the local level. Some members of the long established local political leadership were replaced by new arrival from Boston. We will utilize period materials from Scituate and the neighboring towns to capture the turbulence and intensity of the decade. Tuition \$20.

NEW WRITING GROUP Robine Andrau

BEGINS SEPT 10
Tuesdays @ 1 PM

BRING YOUR STORIES TO LIFE in an informal workshop-style format. Author and Mariner Columnist, R. Andrau will encourage you to relive and write down meaningful experiences of your past using all the senses. You'll be ready to share.

GARDEN THERAPY 2019-20

TUESDAYS 12:30am

EVENT DATE

SIGN UP DATE

NOV 12—AUTUMN FOLIAGE

OCT 1

DEC 10—BOXWOOD HOLIDAY TREES

NOV 1

FEB 11—HEARTS AND FLOWERS

JAN 1

MAY 6—SPRING FLING

APR 1

Offered by members of the Scituate Garden Club.

🌀 Body & Brain Health 🌀

WALKING GROUP—TUESDAYS @ 9AM SEPT 17– OCT 29 **MEET AT THE MARITIME CENTER—WE WILL WALK TO FIRST CLIFF AND SEE THE LIGHTHOUSE FROM ACROSS THE HARBOR.**

Wear comfortable walking shoes. **Please dress in layers. It can be windy and cool by the water or hot and sunny! Wear a hat. Stay after the walk for a cup of coffee and to chat on the Maritime Center deck overlooking the harbor!**

All interested walkers welcome to join in. Have you been trained in Nordic Walking? Bring your poles or borrow some from the senior center—We have 10 poles to loan out- call to reserve @ 545-8722. **You do not need to use poles to join this walking group!!!!** **Maritime Center: 119 Edward Foster Rd**

BOOK CLUB

Sept 25, 10:30-11:30am

If you are interested, please call the senior center to learn about details. You still have time to read the first book.... If you don't read the book, don't let that stop you from attending our first Book Club Planning Meeting!

September Book: **"City of Girls"** the newest novel by Elizabeth Gilbert, bestselling author of "Eat, Pray, Love," is a charming, feel-good gem that captures the energy of 1940s New York through the eager eyes of a young woman, 19-year-old Vivian Morris seeking adventure.

Cafe Talk — September 25 @ 9:00am-10:00am - What is Laughter Yoga & How Can It Help You?

Join us to find out what it's all about! Everyone wants health and happiness in their lives. But instead they are getting stressed out, depressed, getting less sleep, more negative thoughts and feeling isolated. Does this sound like you? Are you someone who wants to move on and bring more laughter and joy into your life? You are in the right place. Laughter Yoga is the answer.

Monday		Tuesday		Wednesday		Thursday		Friday	
8:30 Floor Yoga	HCB	9:00 Cardio Resumes 9/24	SC	8:30 Floor Yoga	HCB			8:30 Floor Yoga	HCB
9:45 Chair Yoga	HCB	9:00 Walking Group 9/17- 10/29	Meet at MC	9:45 Chair Yoga	HCB			9:45 Chair Yoga	HCB
9:30—Resumes 9/9 Joint Efforts *	SC	Walk w/ poles or without		9:45 Men's Yoga				9:30—Resumes 9/6 Joint Efforts	SC
11:15 Balance 4 Life	HCB	1:30 Tai Chi	STM	12:30 Balance 4 Life	HCB	11:15 Balance 4 Life	HCB	1:00 Trail Walking Arrive 12:45 to car- pool to walk location Sept 13– Nov 22	Meet @ SC
Substitute teachers will be found when possible. Please call to confirm class dates and times.									

HCB = Harbor Community Building @ 44 Jericho Rd **SC** = Senior Center **MC**=Maritime Center **STM** = St. Mary's Parish Center

Floor Yoga: Anne/Elizabeth, \$10 **Chair Yoga** Anne/Elizabeth, \$5 **Men's Yoga:** Anne, \$10 **Joint Efforts:** Anne-Marie/Phyllis, \$3

Balance for Life: Sue \$4 **Cardio:** Chris \$4 **Walking:** Lisa/Dot **Tai Chi:** Linda \$2

TAI CHI—ONGOING, \$2 **TUESDAYS @ 1:30;**

St. Mary's Parish Center

Improve balance and overall health and well-being with this 24-week program. Questions and best date to start call 545-8722. Led by Linda Hayes.

PICKLEBALL PROGRAM

@ Jenkins School Gym

Mon 4-6PM, Wed 4-6PM Begins Sept 9

Doubles; rotating play. Nets, beginner paddles and balls provided by the Senior Center. Instruction available for new players! Help with setup/breakdown of nets requested.

This is a volunteer-led Senior Center program. We do accept donations to support ongoing equipment purchases.

BADMINTON

Wednesdays, 6:00PM

@ Jenkins School .Drop-in! All are welcome! Begins Sept 11

TECH TIME

2nd Wednesday of the Month
Begins October 9th @ **3PM**

BRAIN GAMES @ Senior Center—Challenge the mind & meet a new friend!

Mah Jong—TUESDAYS @ 10:30-12:30 . This popular and lively game involves calculation and a little luck! Volunteer-led instruction. It is good for the brain and the smiles! Game tiles provided.

Scrabble—TUESDAYS @ 1:00-2:30PM

Hand & Foot Card Game—MONDAYS @ 1-3PM, held @ SHCB (Jericho Rd)

October 2019

Mon	Tue	Wed	Thu	Fri
SUNDAY, OCTOBER 6 2nd Annual FAMILY FUN WALK— Save the Date. Details to follow on Scituate COA Facebook Page and Senior Ctr				
7 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 1:00 Hand&Foot Card Game 4:00 Pickleball	1 9:00 Men's Breakfast 9:00 Cardio 9:00 Nordic/ Walking Group 10:00 Food Pantry 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi	2 8:30 Yoga 9:45 Chair Yoga & Men's Yoga 10:00 Shaws 12:30 Balance for Life 1:00 History 4:00 Pickleball 6:00 Badminton	3 9:00 Men's Breakfast 9:30 Harbor 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class	4 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 10:30 Ukulele Class— Beginner 11:30 Ukulele Class—Beyond Beginner 12:45 Trail Walking
14 Holiday Offices Closed	8 9:00 Cardio 9:00 Nordic/ Walking Group 10:00 Food Pantry 10:30 Mah Jong 12:00 Parkinson's Support Group 1:00 Scrabble 1:00 Writing Group 1:30 Tai Chi	9 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 10:30 50+ Network 11:00 Art for Your Mind 12:30 Balance for Life 1:00 History 3:00 Tech Time 4:00 Pickleball 6:00 Badminton	10 9:30 Harbor 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 5:30 COA Board Meeting	11 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 12:30 Friday Flix 12:45 Trail Walking
21 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 1:00 Hand&Foot Card Game 4:00 Pickleball	22 9:00 Cardio 9:00 Nordic/ Walking Group 10:30 Mah Jong 10:30 Mah Jong 1:00 Scrabble 1:00 Writing Group 1:30 Tai Chi	23 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 10:30 50+ Network 10:00 Cafe Talk— Hearing Health 12:30 Balance for Life 1:00 History 5:00 Dine Out 4:00 Pickleball 6:00 Badminton	24 9:30 Harbor 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class	25 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 12:30 Friday Flix 12:45 Trail Walking
28 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 1:00 Hand&Foot Card Game 4:00 Pickleball	29 9:00 Nordic/ Walking Group 10:30 Mah Jong 10:30 Coffee Concert Series 1:00 Scrabble 1:00 Writing Group 1:30 Tai Chi	30 8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 12:30 Balance for Life 2:30 Halloween & Chocolate 4:00 Pickleball 6:00 Badminton	31 9:30 Harbor 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class	November 17 @ 1:30pm Thanksgiving Luncheon @ The River Club. Sign up with Senior Center @ 781-545-8722. Space is limited

September 2019

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Holiday Offices Closed</p>	<p>3</p> <p>9:00 Mah Jong 10:00 Food Pantry 1:00 Scrabble 1:30 Tai Chi</p>	<p>4</p> <p>8:30 Yoga 9:45 Mens Yoga&Chair Yoga 10:00 Shaws 12:30 Balance for Life</p>	<p>5</p> <p>9:30 Harbor 11:15 Balance for Life 1:00 Knitting 4:00 Art Class</p>	<p>6</p> <p>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 10:30 Ukulele Class—Beginner 11:30 Ukulele Class—Beyond Beginner</p>
<p>9</p> <p>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 1:00 Hand&Foot Card Game 4:00 Pickleball</p>	<p>10</p> <p>9:00 Men's Breakfast 10:30 Mah Jong 10:30 Mail 1:00 Scrabble 1:00 Writing Group 1:30 Tai Chi</p>	<p>11</p> <p>8:30 Yoga 10:30 50+ Networking Group 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 11:00 Art for Your Mind 12:30 Balance for Life 4:00 Pickleball 6:00 Badminton</p>	<p>12</p> <p>9:30 Harbor 11:15 Balance for Life 1:00 Knitting 5:30 COA Board Meeting</p>	<p>13</p> <p>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 10:30 Ukulele Class—Beginner 11:30 Ukulele Class—Beyond Beginner 12:30 Friday Flix 12:45 Trail Walking</p>
<p>16</p> <p>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 1:00 Hand&Foot Card Game 4:00 Pickleball</p>	<p>17</p> <p>Lobsters & Mobsters Tour 9:00 Nordic /Walking Group 10:00 Food Pantry 10:30 Mah Jong 12:00 Parkinson's Support Group 1:00 Scrabble 1:30 Tai Chi 1:00 Writing Group</p>	<p>18</p> <p>8:30 Yoga 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 10:30 B P/Nurse 12:30 Balance for Life 1:00 History 4:00 Pickleball 6:00 Badminton</p>	<p>19</p> <p>9:30 Harbor 11:15 Balance for Life 1:00 Knitting 4:00 Art Class</p>	<p>20</p> <p>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 10:30 Ukulele Class—Beginner 11:30 Ukulele Class—Beyond Beginner 12:45 Trail Walking</p>
<p>23</p> <p>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 1:00 Hand&Foot Card Game 4:00 Pickleball</p>	<p>24</p> <p>9:00 Nordic /Walking Group 10:30 Mah Jong 10:30 Mail 1:00 Scrabble 1:00 Writing Group 1:30 Tai Chi</p>	<p>25</p> <p>8:30 Yoga 9:00 Café Talk 9:45 Men's Yoga & Chair Yoga 10:00 Shaws 10:30 Book Club 10:30 50+Network 12:30 Balance for Life 1:00 History 5:00 Dine Out 4:00 Pickleball 6:00 Badminton</p>	<p>26</p> <p>9:30 Harbor 11:15 Balance for Life 1:00 Knitting 4:00 Art Class</p>	<p>27</p> <p>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 10:30 Ukulele Class—Beginner 11:30 Ukulele Class—Beyond Beginner 12:30 Friday Flix</p>
<p>30</p> <p>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 1:00 Hand&Foot Card Game 4:00 Pickleball</p>	<p>FOS <i>Friends of Sutuate Seniors</i> Fundraising Events</p> <p>SEPTEMBER 28—FASHION SHOW, 1–3PM @ St. Mary's Parish Center \$15 OCTOBER 18—TRIVIA & PIZZA, 6-9PM @ St. Mary's Parish Center \$20</p> <p>Tickets available at the Senior Center, or by calling Sandy Duffey @ 781 545 5254 or Pauline Souther @ 781 545-4099.</p>			

☞ Social Services & Outreach ☞

MONDAY, WEDNESDAY & FRIDAY LUNCH

12:00-1:00 PM @ Harbor United Methodist Church, First Parish Rd; \$3 sponsored by South Shore Elder Services.



THURSDAY LUNCH, 12 NOON @ Congregational Church, 381 Country Way. This lunch is sponsored and served by dedicated church volunteers. \$4. No Reservations.

Monthly Community DINNER No Reservations

4th SUNDAY, 5PM @ St. Luke's Episcopal Church, Community dinner for all ages sponsored by various community groups. Donations Accepted.

Van transportation is available by calling the Senior Center at 781-545-8722— 48 hrs. ahead

Meals on Wheels program for home-bound or convalescing seniors Monday-Friday through SSES—Call 781-848-3910, x415 to inquire about this service.

THE SCITUATE FOOD PANTRY

Client Hours: Tuesday 10am-12:15pm, Thursdays 3:30-5:15pm
Food donation drop offs: Tuesday 9am-1pm, Thursday 3pm-6pm. The Food Pantry is located in the lower level of the Masonic Temple, 344 Country Way. Van ride must be made ahead

"ROBO" PHONE CALL SCAM ALERT

SCAM ALERT

The SPD is warning residents that there has been an increase in unsolicited sales or "robo" calls. These calls are often perpetrated by "spoofing" a phone number which either resembles your phone number or by utilizing a number which would appear easily recognizable or important to you (i.e: Scituate Town Hall, social security). The Federal Communications Commission (FCC) website indicates: "Spoofing" occurs when a caller deliberately falsifies the information transmitted to your caller ID display to disguise their identity. Spoofing is often used as part of an attempt to trick someone into giving away valuable personal information so it can be used in fraudulent activity or sold illegally. U.S. law and FCC rules prohibit most types of spoofing.

Caller ID lets consumers avoid unwanted phone calls by displaying caller names and phone numbers, but the caller ID feature is sometimes manipulated by spoofers who masquerade as banks, creditors, insurance companies, or the govt.

What you can do if you think you're being spoofed:

Be careful about responding to any request for personal identifying information. **Never give out personal information such as account numbers, Social Security numbers, mother's maiden names, passwords or other identifying information in response to unexpected calls** or if you are at all suspicious.

If you get an inquiry from someone who says they represent a company or a government agency seeking personal information, **hang up and call the phone number on your account statement, in the phone book or on the company's or government agency's website to verify the authenticity of the request.**

THURSDAYS @ HOUSING AUTHORITY

Jenny Gerbis, Outreach Coordinator at the Senior Center spends 30 minutes every month at each of the Housing locations in their Common Room. Stop by to say "hello" and see what information is available to you, or just have a chat.

SEPTEMBER

Thursday 9/5 12:30 PM @ Lincoln
Thursday 9/12 12:30 PM @ Central
Thursday 9/19 12:30 PM @ Wheeler 1, 1PM @ Wheeler 2

OCTOBER

Thursday 10/3 12:30 PM @ Lincoln
Thursday 10/10 12:30 PM @ Central
Thursday 10/17 12:30 PM @ Wheeler 1, 1 PM @ Wheeler 2

SHINE—BY APPOINTMENT

Serving the Health Information Needs of Everyone

Call for an appt. with SHINE Counselor Rich Durkin, volunteer at the Senior Center, to discuss issues and concerns regarding your health insurance coverage. Please call to schedule an appt. on the following dates: **Sept. 26, Oct. 24, Nov. 21, Dec. 5, 12, 19**

GET YOUR GATRA/MBTA SENIOR CHARLIE CARD

Seniors 60 years of age or older are eligible for half-fare on all public transportation in Massachusetts by filling out a one page application and showing a copy of proof of their date of birth. Come into the COA office to have your photo taken. No charge for the card. Card will be mailed to you in 1-2 weeks.



FUEL ASSISTANCE 2019-2020

The State/Federal Fuel Assistance Program, operated and administered by South Shore Community Action has begun, and will run until April 30, 2020. The program is open to the community. The Council on Aging is the agent for the Town of Scituate.

Applicants are required to provide the following information for head of household and family members 18 and over:

- ID for head of household
 - Soc. Sec #'s and DOB for all family members
 - Last 30 days income for all family members over 18 unless in college full time, including: Social security award letter. Pension or IRA distributions, Unemployment, Child Support
- Copy of heat bill, copy of electric bill and Town of Scituate tax bill, mortgage bill or rent receipt if applicable. Homeowners cover letter if you own your house.

Please call Jenny Gerbis with questions and for an appointment 781-545-8873

☞ Once a Month—Support and Services ☞

NEW PARKINSON'S SUPPORT GROUP

Third Tuesday at 12:00 @ Scituate Harbor Community Building for individuals with Parkinson's and caregivers. If you are interested in attending, please call 781-545-8722 for details. Next meeting will be September 17th. Facilitated by Leslie Vickers.

CAREGIVER SUPPORT GROUPS

COA SUPPORT GROUP IN SCITUATE—GROUP ON HOLD—CALL CENTER FOR DETAILS

Third Wednesday at 12:00-1:00 for all caregivers at St. Mary's Parish Center, One Kent Street, **Scituate**. The group is led by experienced facilitators Laura Minier, LICSW, Manager of Social Services, Town of Scituate, and Barbie Rugg, South Shore Elder Services. This is an open group but please call in advance, Laura Minier, 781-378-1653.

OTHER AREA SUPPORT GROUPS—MONTHLY Caregiver Discussion Groups

EVENING

First Wednesday at 6:00-7:30 PM at Sunrise of Cohasset 125 King St. (Route 3A). For information, call Bonnie Haley at 617-686-6173.

First Thursday at 6:00PM at Village at Proprietors Green 10 Village Way, **Marshfield** 781-834-7885.

DAYTIME

First Tuesday at 2:00-3:00 PM at Duxbury Senior Center 10 Mayflower St, **Duxbury**. For information, Donna Ciappina, LSW 781-934-5774, x 5730.

Third Wednesday at 10:30-12 Noon at Village at Proprietors Green, 10 Village Way, **Marshfield**. For information, 781-834-7885

VISION SUPPORT GROUP

Third Monday at 10:00 AM at **Hingham** Elder Services, 224 Central Street, Hingham. *Scituate COA will provide transportation to and from this event for our clients. Call the Senior Center for more support group information.*

BLOOD PRESSURE CHECK!

Third Wednesday Town Nurse, Eileen Scotti will be here @ the Senior Center, 10:30-11:30 AM.

BP screening, B12 shots with prescription, and can answer health questions—no appointment or co-pay!

FREE HEALTH SCREENING CLINICS—WED 10AM

1st week—Wheeler; 2nd week—Central; 3rd week—**Senior Center**; 4th week—Lincoln; 5th week—Senior Center.

Screenings include: Blood pressure and vital sign assessment, Blood sugar screening, B12, nutritional & health counselig, medication review and instruction by Town nurse, Eileen Scotti.

PROFESSIONAL MEETINGS

Call the Front Desk or ask for Jill to book an appointment by calling 781—545—8722 ext. 2 for any of these professionals

LIFE INSURANCE REVIEW & LONG TERM CARE OPTIONS

1st Friday

Are you concerned about your coverage? Is your life insurance policy still in place and is there a cash value? Are your beneficiaries up-to-date? Do you have adequate coverage? Meet with **Elaine Buonvicino, Independent Insurance Agent** to review your existing Life Insurance Policy(ies) or Long Term Care Policy. Complimentary appointments are available monthly between 9-11 AM.

ASK A LAWYER

3rd Friday



If you have a legal question, you can schedule a complimentary half-hour appointment with one of our attorneys volunteering monthly at the Scituate Senior Center. Elder Law Attorneys Michael Loring, Chris Sullivan & Frederick Hayes will rotate monthly to provide this service. *Call 781-545-8722 for a morning appointment.*

MEET YOUR SENATOR **Sen. Patrick O'Connor**

3rd Thursday
10:30-11:30 AM

Take advantage of regular opportunity to talk with Sen. O'Connor or his District Coordinator, Lou Rizzo. They are open and interested in hearing what the constituents want or want to discuss. We make the coffee—you bring the talk!

MEET YOUR REPRESENTATIVE

4th Friday

Representative Patrick Kearney is pleased to continue the tradition of meeting with any and all interested seniors at the Scituate Senior Center—the 4th Friday of the month. Call the Senior Center if interested in a meeting on the 4th Friday of the month, or call 617-690-7923 to discuss your issues by phone directly with the office.



FINANCIAL SERVICES

1st Monday

Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? Call the Senior Center to be referred for an appointment in their local Scituate office.

Lori Shea, Edward Jones Financial Advisor is available monthly for a FREE 30 min. appt.

FINANCIAL SERVICES

Call for an appt.

Adrienne Rowles, Financial Advisor and Vice President of the Woerdeman Financial Group. If you are looking for predictable income and safety of your investments, she is available for a FREE 30 min. appt.

Mammography Van

September 17 | 7:30am-3:00pm

@ St. Luke's Episcopal Church. For APPTS. call 617-632-1974

🎶 Trips — live & learn! 🎶

NOVEMBER 14, 10:30 AM

Symphony Hall Boston MA

BSO Open Rehearsal

"Grieg and Mahler"

Depart Scituate @ 7:45am Return to Scituate approx 2pm

Cost TBA. Open Rehearsal Symphony Tickets will be purchased in advance through the senior center to ride on the van. We need 12 to sign up for this trip to be a GO! Sign-up EARLY so we can secure a group of seats together.

Duxbury Coffee Concert Series @ South Shore Conservatory

October 29, November 26, December 10—Concerts @ Ellison Center, 11am Doors open at 10:30. Concert is free. Call 545-8722 to make reservation. **Drive Self! No Van Ride Available.**

BIG BUS TRIPS! All day excursions—some with lots of walking. Please ask to find out if this trip is right for you! **Transportation by Luxury Coach Bus.**

September 17 Lobster & Mobsters tour/lunch, Boston, \$95

October 16 Norman Rockwell Museum/Red Lion Inn, \$95

December 11 Boston Pops Holiday Concert/Lunch \$139

All trips above have a **waitlist. New trips for 2020 will be published in March newsletter, or sooner!**

Departure location may be in Norwell, Cohasset or Scituate for all BUS trips. Check with center for location and times. Make sure we have your email address, cell phone and Emergency Contact Information on file. Check office for detailed trip policies. **Sign up with payment!**

TRIP POLICY: You may sign up for yourself and one other person. We will keep a waitlist for each trip. If you need to cancel your reservation, your money will only be refunded if your place can be filled from the waiting list 2 days prior to trip date! No refunds within 48 hours of trip date. **PAYMENT MUST BE RECEIVED W/IN 3 DAYS of SIGN UP...otherwise WE WILL SKIP YOU AND GO TO THE WAITLIST. PAYMENT IS DUE with SIGN UP for ALL TRIPS**

Local & Out-of-Town Transportation

REGULAR SCHEDULED TRIPS

NOTE NEW DAYS & TIMES!

TUESDAYS: Scituate Food Pantry 10AM – 10:45 AM (1st & 3rd Tues)

TUESDAYS: Hanover Mall / Trader Joe's / Dollar Store

10:30 AM – 12:00 PM (2nd & 4th Tuesday of the Month)

WEDNESDAYS: Shaw's Supermarket 10:00 AM – 11:00 AM

THURSDAYS: Scituate Harbor 9:30 AM – 10:30 AM

Congregational Church Lunch 12:00 PM – 1:00 PM

TRANSPORTATION COORDINATOR, KATHY CLARKESON

Call 781-545-8722 @ Ext 3 to schedule your requests for COA van for all transportation.

The **Dial-A-Ride** program is an origin to destination ride service.

Drivers are not permitted to exit the vehicle for any reason other than to operate the wheel chair lift.

If you are on the list of routine riders for any regularly scheduled trip you must cancel if your personal schedule changes

10 Ride Pass for \$15 = \$1.50 each way Cash = \$1.75 each way / \$3.50 round trip

Out of Town Medical = \$5 each way / \$10 round trip payable in advance of scheduled trip to the Scituate Council on Aging.

Out of Town Medical CANCELLATIONS are required 24 hours in advance of your scheduled ride or you may be responsible for the full cost of ride as billed by South Shore Community Action Council to the Scituate Council on Aging.

If the transportation fee causes hardship, schedule a confidential appointment with Jenny Gerbis, Outreach Coordinator.

MEDICAL RIDES OUT OF SCITUATE* are provided Monday thru Friday, only for appointment times between 10:30 AM and 1:00 PM. Rides require a minimum of 5 business days advance notice. All ride requests are processed through the Town of Scituate Council on Aging Transportation Department. Rides are provided through South Shore Community Action Council. Residents are not permitted to contact South Shore Community Action Council directly for transportation requests. Earliest Pick-up is 9:45AM.

MEDICAL & LOCAL RIDES WITHIN SCITUATE* are provided Mondays 8:30 AM – 3:30 PM; Tuesdays (1st & 3rd) 8:30 AM – 3:30 PM / (2nd & 4th) 1:30 – 3:30 PM; Wednesdays 1– 3:30 PM; Thursdays 1:30 – 3:30 PM; Fridays 8:30 AM – 2PM. Local rides include medical and other appointments, the Senior Center or other off site locations for activities, library, shopping, pharmacy, hair dresser, etc. Our vans run on the same schedule as the COA operating hours. Rides require a minimum of 2 business days advance notice.

*When making medical appointments, we will need your appointment date, time, duration of appointment, doctor's name, address and phone number. Please advise the doctor's office that the Council on Aging will be providing your transportation.

AMERICAN CANCER SOCIETY provides medical appointment transportation for persons receiving cancer treatments. 508-897-4300.

Discount Senior MBTA Cards can be applied for or renewed by mail or e-mail with a new photo; call Jill, x 2. Photos can be taken at the Senior Center and sent electronically to GATRA. Your MBTA card will be mailed to you at the address you provided.

CATHERINE MCGOWAN SENIOR CENTER
27 BROOK STREET
SCITUATE, MA 02066

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The cost of mailing this newsletter is supported by funds we receive from the state
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The printing of this newsletter by Liturgical Publications Inc. is made possible through the advertising of our local merchants, organizations and individuals. Please support our advertisers! Anyone wishing to place an advertisement in this newsletter can contact Advertising with LPI at: 800-477-4574 x6377

Council on Aging Board Meetings are scheduled for the 2nd Thursday of the month at the Senior Center. These are public meetings & are videotaped to be played on Scituate Cable TV. The next meetings are: Sept 12 & Oct 10 at 5:30 pm. **Check the town website for meeting postings or changes.**

THANKSGIVING LUNCHEON BUFFET FOR OUR SENIOR COMMUNITY

Sunday, Nov. 17 — 1:30 pm at THE RIVER CLUB

Fabulous event courtesy of The River Club owners
Wonderful meal and entertainment. Reservations required!
Please sign up with the Senior Center—Call 545-8722.



WE ARE ON-LINE TOO!

You can read this newsletter on-line
BEFORE it comes in the mail.

Go to: Town website at scituatema.gov; **Department-Council on Aging**, and
Newsletters.

ALSO, www.ourseniorcenter.com

Find: **Scituate Council on Aging.**

You can sign up with your e-mail and
receive notice when it is published
(well before mailing!).

“Like” us on **Facebook:**

Search **Scituate Council on Aging** AND
TownofScituate Share to your friends!

Follow us on Twitter: [@ScituateCOA](https://twitter.com/ScituateCOA).



FOSS meets the 2nd Tuesday of each the month at 10 a.m.
for Events and Regular meeting at 11 a.m. at the Harbor
Methodist Church.

SEPTEMBER 28—FASHION SHOW, 1–3PM @ St. Mary’s Parish Center \$15

OCTOBER 18—TRIVIA & PIZZA, 6-9PM @ St. Mary’s Parish Center \$20

Tickets available at the Senior Center, or by calling Sandy Duffey @
781 545 5254 or Pauline Souther @ 781 545-4099.

NEW re-usable shopping bags at the Senior Center!
Generously donated by Scituate’s **12 Women Care.**

CHECK OUT our NEW LENDING LIBRARY

With current reading materials. Book reviews will be available.
Thank you to Dr. Nancy Harris for her generous donations
setting up and filling the lending library with some great reads!
We ask that you sign out a book and return the book when you
are finished reading it, so that someone else can enjoy it!